

# Dynamic Martial Arts & Fitness Studios Class Schedules

Gym hours are 8 am until 9 pm Mondays thru Fridays - Saturdays 8:00 to 3pm - Sundays 9 am to 2 pm

## Kenpo Karate

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat
Scholar's Club	Beg. Karate 3:30	Adv. Karate 3:30	Beg Karate 3:30	Adv Karate 3:30	Point Sparring 4:15 Continuous Sparring 5:30	
Little Eagles	Karate 4:15	Karate 5:45	Karate 4:15	Karate 5:45	Karate 5:00	Karate 8:45am
BEGINNER Ranks W, Y, O	Karate 6:15	Karate 4:00	Karate 6:15	Karate 4:00	Sparring 4:15	Karate 9:00am Competition 11:30 am
INTER-MEDIATE Ranks P, B, G	Karate 4:45	Karate 6:15	Karate 4:45	Karate 6:45 Point Sparring 6:15	Point Sparring 4:15 Continuous Sparring 5:30	9:00am Competition 11:30 am
ADVANCED Rank Br, R, Jr BIK	Karate 5:15	Karate 6:45	Karate 5:15	Karate 6:45 Point Sparring 6:15	Point Sparring 4:15 Continuous Sparring 5:30	Karate Adv 9:00 am Black Belts 10:30 am Competition 11:30 am
Young Adults & Adults	Karate 5:45	Karate 9:30 am 8:00	Karate 5:45 Sparring 8:00	Karate 9:30 am 8:00		Karate 9:30 am

## MMA Kick Boxing and Boxing

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat	Sun
Bas Rutten MMA	Kids 5:30 Adults 8:30	Kids 5:30 Adults 7:30	Kids 5:30	Kids 5:30 Adults 7:30	Adult 8:30	Adults 1:00 pm	Adult 2:00
Kick Boxing	Kids 4:15 Adult 6:30	Adult 6:30	Kids 4:15	Adult 6:30	Adult 7:30		
Boxing	Adult 7:30	Kids 4:15		Kids 4:15	Adult 6:30		

## AM Group Exercise Classes

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat
7:00 am	DMA Running Club Angela		Boot Camp John		DMA running Club Angela	Mixed Martial John
8:30 am						DMA Running Club Lauren
9:30 am						Boot Camp Flash
10:30 am	Boot Camp Lauren	Combat Yoga Marquel	Strength Training Lauren	Combat Yoga Marquel	Combative Kick Lauren	

## PM Group Exercise Classes

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat	Sun.
12:30 pm							Combat Yoga Lauren
6:00 pm	Boxing Dynamics	Circuit Training Frank	Zumba Marquel	Circuit Training Frank	Boxing Dynamics		
7:00 pm	Boot Camp Mario	Zumba Marquel	Mixed Martial John	Boot Camp Mario	Mixed Martial John		
8:00pm	Combative Kick Lauren		Combative Kick Lauren		Combative Kick Lauren		

12940 State Road 85, Davie, FL 33325 • 954-370-0001

www.morethankicks.com • email dma@morethankicks.com

Located on the East Corner of State Road 84 and SW 130 Ave.

Between Flamingo and SW 136 Ave.